



HERBS TO AVOID DURING PREGNANCY

Yarrow

Yarrow stems, leaves, and flowers may cause uterine contractions.



Saw Palmetto

Unripe berries are toxic and can trigger contractions.

Rosemary

Higher doses of rosemary have been found to cause miscarriage.



Comfrey

Comfrey products should not be applied to the skin as they can cause severe liver damage.

Feverfew

Feverfew may lead to uterine contractions.



Sage

Sage can lead to miscarriage in pregnant women when consumed in large amounts.

References

1. Herbs to avoid during pregnancy; UTEP
2. Rosemary; Mount Sinai
3. Comfrey; NCBI
4. Herbs and Supplements to Avoid During Pregnancy and Breastfeeding; Winchester Hospital